



F706 QUAD

LINE › FreeMotion

TYPE › Selectorized

MODEL › F706

FEATURE › Progressive Resistance

The FreeMotion LIVEAXIS™ Quad functionally trains leg muscles to work together using the front of the leg, hip and knee. Live-sliding pulleys follow your path of movement—offering progressive resistance and optimum muscle activation throughout your entire exercise. Plus, the LIVEAXIS™ Quad engages your stabilizer muscles to improve core strength and balance.

» FEATURES & BENEFITS

PROGRESSIVE RESISTANCE › Live-sliding pulley technology allows the user's muscles to stay at optimum activation with never-ending resistance throughout the entire movement.

SWIVEL PULLEYS › Because the pulleys swivel, it allows the user to target specific muscles and recruit the muscles being used to stabilize and balance the body.

DUAL INDEPENDENT TRACKS › Each pulley glides up and down on an independent track with each movement—ensuring never-ending resistance and a more effective workout

CABLE TRAVEL › Extensive cable travel allows for a full exercise flexion of 35 inches per leg (90 cm).

FOOT HARNESS › Specially designed harness fits a wide variety of users

TEXTURED PLATFORM › Unique platform has grip texture to help ensure stable foot positioning.

UPGRADED HANDLE › The FreeMotion Quad has an upgraded handle with improved ergonomics and multiple gripping positions. This is perfect for the first-time exerciser, they can hold the bar as an aid for balance.

KICK PLATES › 18-gauge, stainless steel kick plates protect the machine from wear and tear.

INDUSTRIAL CONSTRUCTION › Equipment is built with 11- and 7-gauge steel tubing and is electrostatically powder-coated with paint that has undergone 2,000 hours of salt spray testing.

» PRODUCT SPECIFICATIONS

Dimensions	74" H x 46" W x 75" L 188 cm H x 117 cm W x 191 cm L
Effective Resistance	1 leg – 37.5 lbs. (17 kg) 2 legs – 75 lbs. (34 kg)
Weight Stack Configuration	5 – 50 x 5 lbs. (2 – 23 x 2 kg) 60 – 150 x 10 lbs. (28 – 68 x 28 kg)
Weight	850 lbs. (387 kg)
Cable Diameter	3/16-inch rated to 2,000 lbs.
Warranty	3-Year Ball Bearings, Rods, Pulleys, Weight Stack 1-Year Cables, Linear Bearings, Labor